

The Low Oxalate Diet

This list was adapted from the Low Oxalate Cookbook published by The Vulvar Pain Foundation. It includes recipes, tips, guidelines, and other information about low oxalate eating. You may contact The VPF at: The Vulvar Pain Foundation, Post Office Drawer 177, Graham, NC 27253

Foods marked with * may cause irritation although they are not high in oxalate. It may be best to avoid these at first. If a food has been listed as both low and medium in different tests, it is listed only in the medium group. If a food has been listed as both medium and high in different tests, it is listed in the medium group and indicated by the notation "(?high)" as well as being listed in the high group. Foods with double question marks (i.e. ?Pumpkin?) have not been tested, but anecdotal evidence seems to imply oxalate content or irritation potential.

You may want to eat only low oxalate foods at first until your symptoms begin to improve. Then, you can add medium oxalate foods one at a time, eating a small amount three days in a row. If your pain does not increase, you may add that food to your diet as a medium oxalate food.

It is not a good idea to try to eliminate all oxalate from your diet. Moderate consumption is necessary. Of course, you must eliminate the high oxalate foods from your diet completely.

LOW OXALATE*Beverages:*

Barley water
 Beer, bottled*
 Cider
 Coke*
 Coca-Cola*
 Distilled alcohol*
 Fruit juices (4 oz)
 Apple
 Grapefruit*
 Lemon*
 Lime*
 Pineapple
 Gingerale (Schwepp's)
 Kukicha twig tea
 Lemonade or limeade
 (made without peel)*
 Milk
 Orange soda
 (Minute Maid)*
 Pepsi*
 Pepsi-Cola*
 Pineapple juice
 Root beer (Borg's and
 A&W)
 Bigelow herbal teas-
 (hot, brew time 4 min)
 Cranberry Apple
 Cozy Chamomile
 Purely Peppermint
 Apple & Spice
 Chamomile Mint
 Cinnamon Orange
 Hibiscus & Rose Hips
 (iced, brew time 10 min)
 Red Raspberry
 Tahitian Breeze
 Perfect Peach
 Raspberry Royale
 Water
 Wine - port, red, rose,
 dry
 sherry, white*

Dairy:

Butter
 Buttermilk
 Cheese
 Milk
 Yogurt
 Natural, nonfat, plain

Dannon Fruit-on-the-
 Bottom yogurts

(except orange)

Fats:

Butter
 Margarine
 Mayonnaise (Heintz)
 Salad dressing
 Vegetable oils

Fruits:

Apples, peeled
 Avocado
 Cherries, bing and sour
 Cranberries, canned
 (Ocean Spray)*
 Grapes
 Thompson
 seedless, green
 Red
 Lemons*
 Lemon juice (1 cup)*
 Lime juice (1 cup)*
 Mangoes
 Melons
 Cantaloupe
 Casaba
 Honeydew
 Watermelon
 Nectarines
 Papaya, Hawaii
 Raisins, golden

Grains:

Cornflakes (Kellogg's)
 Cornstarch (1 tbsp)
 Egg noodles
 Rice, white
 Rice, wild
 Rye bread

Condiments:

Basil, fresh (1 tsp)
 Chives
 Dill
 Mustard, Dijon (1 tbsp)
 Nutmeg, dry (1 tsp)
 Oregano, dried (1 tsp)
 Salt
 Vanilla extract

Vinegar*

Legumes, Nuts, Seeds:

Coconut
 Lentils

Water chestnuts

Meats:

Bacon (up to 9 strips)
 Beef
 Chicken
 Corned beef, canned
 Eggs
 Fish, haddock, plaice, and
 flounder
 Ham
 Hamburger
 Lamb
 Pork
 Turkey

Other Foods:

Carob
 Gelatin, unflavored
 (Knox)
 (1 packet)
 Vinegar, apple cider*

Sweets:

Corn syrup (Karo) (1
 tbsp)
 Honey (1 tbsp)
 Jellies, jams, or preserves
 made with low and
 medium fruits (1 tbsp)
 Maple syrup, pure (1
 tbsp)
 Sugar

Vegetables:

Acorn squash
 Alfalfa sprouts
 Cabbage, white
 Cauliflower
 Cucumbers, peeled
 Green peas, frozen
 Lettuce, iceberg (1/2 cup)
 Mung bean sprouts
 Pepper, red
 Turnips, roots
 Zucchini squash

MEDIUM OXALATE*Beverages:*

Beer (Budweiser) (12 oz)*
 Beer, draft (12 oz)*
 Beer, stout (Guinness draft)
 (12 oz)*
 Coffee*
 Fruit juice (4 oz)
 Cranberry*
 Grape
 Orange*
 Tomato*
 Orangeade (4 oz)*
 Tea, rosehip
 Bigelow herbal teas—
 (hot, brew time 4 min)
 Lemon & C
 Spearmint
 (iced, brew time 10 min)
 Premium
 V-8 Juice*
 Wine, Beaujolais*

Fruits:

Apples
 Apricots
 Berries (1/4 cup)
 Blackberries
 Blueberries
 Dewberries
 Red raspberries
 Currants, black
 Cherries, red sour
 Cranberries, dried*
 Grapefruit*
 Grapes
 Oranges*
 Peaches, Alberta
 Peaches, Hiley, Stokes,
 canned
 Pears, Bartlett
 Pineapple, Sainsbury,
 canned
 Pineapple chunks (Dole)
 Plums, green or golden
 Gage, Damson
 Prunes, Italian
 Tangerines (?high)*

Grains:

Bagel (1 medium)

 (Lender's)
 Barley, cooked
 Bread, white (2 slices)

Corn tortilla (1 medium)
 Cornbread
 Cornmeal, yellow (1 cup
 dry)
 Cornstarch (1/4 cup)
 English muffin, white (1
 medium)
 Macaroni, cooked
 Oatmeal (_ cup) (?high)
 Rice, brown
 Saltine or soda crackers
 (16)
 (Zesta by Keebler)
 Spaghetti
 Spaghetti in tomato
 sauce*
 Vanilla Wafers (25)
 (Nabisco)
 Wheat or plain flour

Condiments:

Basil, fresh (1 tbsp)
 Cinnamon (1 tsp)
 Dill (1 tbsp)
 Ginger, raw, sliced (1 tsp)
 Malt, powder (1 tbsp)
 Mustard, Dijon (1/2 cup)
 Nutmeg (1 tbsp)
 Pepper (1 tsp)
 Soy sauce (?high)

Legumes, Nuts, and

Seeds:
 ?Cashews?
 Garbanzo beans, canned
 (1/4 cup)
 Lima beans
 Split peas, cooked
 Sunflower seeds, hulled,
 dry roasted (1 oz)
 (?high)
 Tofu, raw firm (?high)
 ?Walnuts?

Meats:

Bacon (10 or more slices)
 Kidney, beef
 Liver
 Sardines

Other foods:

Malt (1 tbsp)
 No fat ranch dressing
 (Marzetti's)

Sweets:

Sponge cake (1 slice)
 Preserves, strawberry (1
 tbsp)
 Marmalade (1/4 cup)*

Vegetables:

Asparagus
 Artichokes
 Brussel sprouts
 Broccoli
 Carrots
 Corn (sweet, white, or
 yellow)
 Cucumber (1 medium)
 Garlic
 Green beans, snap, or
 runner beans (?high)
 Kohlrabi
 Lettuce
 butter
 iceberg (1 cup)
 Mushrooms
 Mustard greens
 Onions
 Peppers, green (1/2
 medium)
 Potato chips (50) (Wise
 Original)
 Potatoes, white, russet,
 Idaho (1/3 cup) (?high)
 Potato salad (1/4 cup)
 Radishes
 Snow peas
 Tomato, fresh*
 Tomato sauce, canned
 (1/4
 cup)*
 Vegetable beef soup*
 (Campbell's)
 Watercress

HIGH

Beverages:

Beer - lager draft, Tuborg,
Pilsner
Chocolate milk
Cocoa
Juices containing berries
high in oxalates
Ovaltine
Tea, black, Indian
Bigelow herbal teas—
(hot, brew time 4 min)
Apple Orchard
Fruit & Almond
I Love Lemon
Mint Medley
Orange Spice
Perfect Peach
Red Raspberry
Specially Strawberry
Sweet Dreams
Take-A-Break
Orange & C

Fruits:

Blackberries
Blueberries
Grapes, Concord
Currants, red
Dewberries
Figs, dried
Gooseberries
Kiwi
Lemon peel
Lime peel
Orange peel
Raspberries, red and black
Rhubarb
Strawberries
Tangerines

Grains:

Bread, whole wheat
Cheerios (1 cup)
Graham crackers
Graham flour
Grits, white corn
Kamut
Popcorn (4 cups, popped)
(Orville Redenbacher)
Soybean crackers

Spelt
Stone ground flour
Wheat bran

Wheat germ
Whole wheat flour
Yellow Dock

Condiments:

Cinnamon, ground (1_
tsp
or more)
Pepper (in excess of 1 tsp
per day)
Ginger (1 tbsp)
Soy sauce

Legumes, Nuts, and

Seeds:

Beans, green, waxed, dried
Baked beans in tomato
sauce, canned
Nuts
Peanuts
Pecans
Garbanzo beans, canned
Peanut butter
Sesame seeds
Soybean curd (tofu)
Sunflower seeds
?All soy products?

Other foods:

Chocolate, plain
Cocoa, dry powder
Ovaltine, powder

Sweets:

Fig Newtons
Fruitcake (1 slice)
Marmalade

Vegetables:

Beets - tops, roots, greens
Celery
Collards
Dandelion greens
Eggplant
Escarole
Green beans, snap, pod,
runner
Kale

Leeks
Okra
Parsley
Parsnips
Peppers, green
Pokeweed

Popcorn (4 cups, popped)
(Orville Redenbacher)
Potatoes, sweet
?Pumpkin?
Rhubarb
Rutabagas
Sorrel
Spinach
Squash, yellow, summer
Swiss chard
Tomato sauce, canned
Turnip greens
Watercress
Yams
?Pesticides?